

Cleaning on a Shoestring



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MICHIGAN STATE
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Part 10...Cleaning on a Shoestring

Cleaning your home with commercial products can be very expensive. These products have been premixed, perfumed and packaged...and that costs money.

Create your own home-care products and save money. Our home-care recipes contain common, inexpensive household items.

Ammonia is a strong cleaner and should be used in a well ventilated area. Use it to:

- Ammonia.
- Baking soda.
- Vinegar.
- Laundry soap.
- Liquid dish detergent.
- Chlorine bleach.

- Wash windows.
- Clean bathrooms.
- Clean ovens.
- Remove wax from floor.

Baking soda is a mild cleaner and keeps the house smelling fresh. It may be used to:

- Clean refrigerators.
- Eliminate odors.
- Remove stains.
- Scrub without scratching.

Vinegar is a good basic cleaner that leaves the house shiny. It may be used to:

- Clean glass.
- Remove soap film.
- Shine chrome.
- Remove stains.
- Remove mild rust stains.

Laundry soap is available in either liquid or powder form. It is used to clean:

- Clothes by hand or in the washing machine.
- Make a mild cleaning solution.
- Remove heavy soil and grease from walls, floors and fixtures.

Liquid dish detergent is made to clean dishes. It removes food particles and grease. It can also be used to:

- Hand-wash delicate clothing.
- Do small household cleaning jobs—countertops, walls, floors, appliances and fixtures.

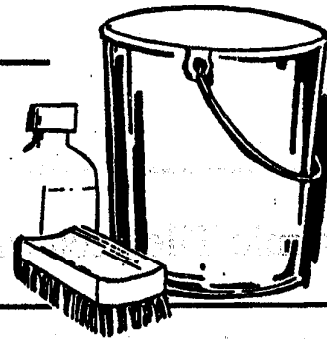
Chlorine bleach will help kill germs while cleaning. It may be used to:

- Clean and deodorize bathrooms.
- Clean and deodorize kitchens.
- Remove stains.
- Disinfect garbage and diaper pails.
- Kill mildew.

For safety sake.....

- 1) **Never** mix chlorine bleach, or any cleaner containing chlorine, with ammonia or with a cleaner containing ammonia. This produces dangerous fumes.
- 2) Most household cleaners are very poisonous. Be careful when storing these products. Be sure that children cannot reach them. Store in a locked cabinet.
- 3) When mixing your own homemade cleaners remember: measuring utensils used for cleaners **should not** be used for food.
- 4) Always store your homemade cleaning solutions in tightly closed containers, labeled correctly, and out of children's reach.

Recipes for making cleaning products—



General Household Cleaner

2 T. ammonia
2 T. liquid dish detergent
1 quart water

Mix and use for general household cleaning.

Carpet Freshener

3/4 cup baking soda
2 T. corn starch
1/4 cup perfumed talcum powder.

Combine ingredients. Sprinkle on dry carpet, let stand 5 to 15 minutes, and then vacuum.

Wall Cleaner

1/4 cup ammonia
1 gallon warm water

Combine these ingredients. Use the two-bucket method—one bucket of wash water and one bucket of rinse water—to reduce the amount of cleaner used. Change rinse water often.

Window Cleaner

1/4 cup ammonia or
1/2 cup vinegar
2 quarts water

Mix ingredients together. Store in a spray bottle and label. Good for windows, mirrors, and glass over pictures.

Ceramic Tile Cleaner

1-2 T. trisodium phosphate
1 gallon hot water

Wear rubber gloves. Scrub with solution. Rinse well.

Grout Cleaner (between ceramic tile)

Chlorine bleach
Water

Scrub the grout first with hot suds. Mix the water and chlorine bleach and apply the diluted solution to the grout. Repeat procedure, keeping tile wet 5 minutes.

Laundry Spot Remover

1 cup laundry soap (generic brand works well)
1 cup ammonia
1 cup water

Mix ingredients together.

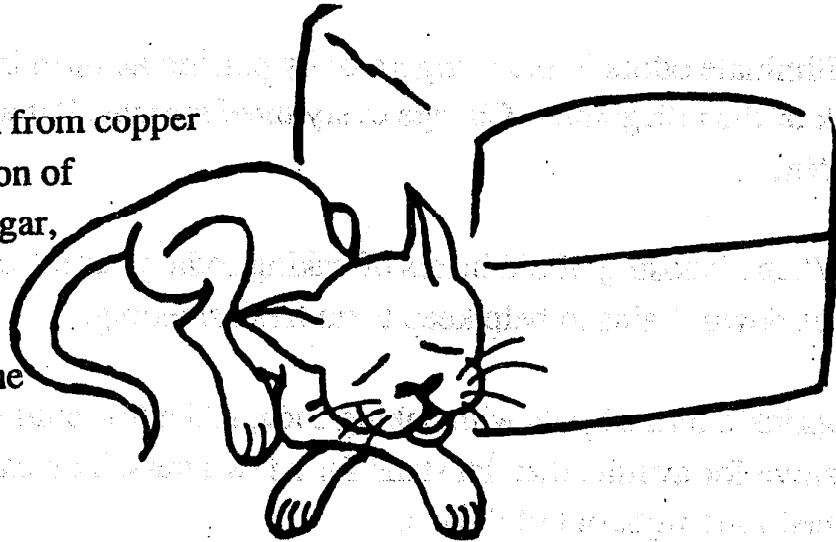
Store in a spray bottle and label. Works well for grease, dirt, and perspiration stains. Caution: do not use chlorine bleach in your wash water if you use ammonia.

What Will Vinegar Clean?

In the kitchen—Save money by using the cheapest dish soap. Add a few drops of vinegar to the dishwater. Vinegar cuts the grease and leaves dishes sparkling clean.

—To perk up your coffee pot, simply fill the inside with a solution of half white vinegar and half water. Run through a brew cycle. Rinse thoroughly with water when finished.

—To remove tarnish from copper or brass mix a solution of equal parts salt, vinegar, and flour. Apply the paste with a damp sponge and rub on the item until it's shiny, rinse and gently dry.



In the bathroom—To remove soap buildup from a shower curtain, use vinegar full strength. Rinse clean.

For stains—If your pet “does its thing” on the rug, undo the damage by sponging the spot with 1/2 cup vinegar diluted with 1 quart warm water. Let stand a few minutes to dissolve stain. Wipe clean. Repeat if necessary. (A *spot test* is suggested on the fabric or rug first to be sure that the color will not be faded or removed.)

What will baking soda clean?

In the kitchen—Mix a solution by dissolving 2 tablespoons of baking soda in 1 quart of warm water. Use it to clean inside and outside of the refrigerator, small appliances, countertops and the microwave.

—Swish solution in plastic food containers, lunch boxes, thermos and baby bottles. Rinse with clear water. To remove lingering odors in plastic, soak overnight in a baking soda solution.

—Make a paste of baking soda to scour the sink without scratching the surface. This paste will also remove coffee and tea stains from cups.

—Eliminate odors in the refrigerator by placing an open box of soda in the back of the refrigerator. Change every three months. Put a second box in the freezer.

—When disposing of old boxes of baking soda, pour the contents of the old boxes down drains to help keep them fresh smelling.

—Sprinkle burned pots with baking soda, add a few cups of water. Simmer on stove for awhile, then let stand for a few hours. You can usually lift the burned food right out of the pan.

In the bathroom—Sprinkle baking soda on a damp cloth and gently scour to clean and deodorize without scratching.

For the laundry—For clean-smelling clothes, add 1/2 cup of baking soda to rinse cycle.

For unwelcome pests—

Everyone must deal with unwelcome pests from time to time. Commercial products are expensive and can be dangerous to family members or pets.

—Flour worms and weevils dislike the smell of bay leaves. Buy bay leaves at your local food co-op. They are much cheaper there than in the grocery store. Bay leaves inserted into flour and other grain containers will prevent infestation by some types of weevils.

—To prevent worms and weevils, freeze all staples—flour, cereal, oatmeal, cake mixes, etc.—for 24 hours.

Spice Moth Balls

1/2 cup whole cloves

3 to 4 broken sticks of cinnamon

1/2 cup whole peppercorns

Mix spices together. Wrap 2 tablespoons of spice in a cheesecloth or muslin. Be sure to keep spices from touching the fabric as oils from spices can stain.

To catch mice:

Tempt them with traps covered with peanut butter. These little creatures find it hard to resist.



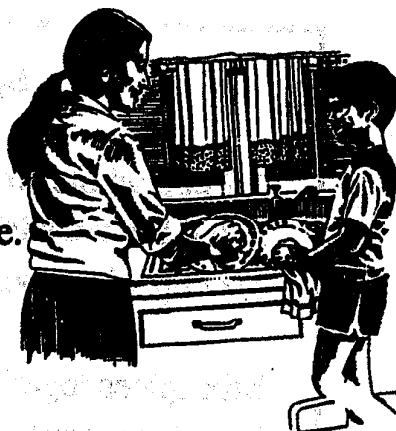
Where do you start?

It is easier to keep a house clean if you make a plan for all the cleaning jobs. Some cleaning jobs need to be done every day. Some need to be done once a week. Others need to be done once a month or once each season.

IN THE KITCHEN

Every day

- Wash dishes after each meal.
- Wipe off table, chairs, countertops, and stove.
- Empty trash, put in clean bag.
- Sweep kitchen floor.



Once a week

- Check food and throw away any food that is moldy.
- Mop the kitchen floor.
- Wash and rinse the garbage can.

Now and then

- Wash kitchen cupboards, inside and outside.
- Wash ceiling, walls and woodwork.
- Wash curtains.
- Wash light fixtures.
- Clean and defrost the refrigerator and/or freezer.
- Clean oven inside and outside.

IN THE LIVING ROOM

Every day

- Pick up papers.
- Empty and wash ashtrays.

Once a week

- Dust furniture and picture frames.
- Clean spots from walls, carpet, floor, and furniture.
- Vacuum or sweep floor.



Now and Then

- Wash walls, woodwork, ceiling.
- Wash windows.
- Wash curtains.

IN THE BATHROOM

Every day

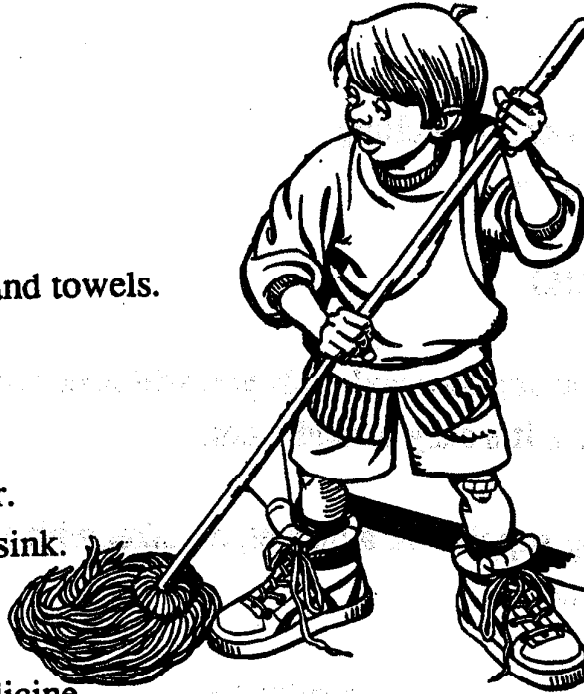
- Wipe out sink.
- Wipe off countertop.
- Pickup dirty clothes and towels.

Once a week

- Wash mirror.
- Vacuum or mop floor.
- Scrub toilet, tub and sink.

Now and then

- Throw away old medicine.
- Clean medicine cabinet.
- Wash walls, woodwork, and ceiling.
- Wash the shower curtain.



IN THE BEDROOM

Every day

- Make beds.
- Put clothes away.

Once a week

- Change the sheets.
- Dust the furniture and picture frames.
- Vacuum floors.

Now and then

- Turn mattresses
- Wash walls, woodwork, and ceiling.
- Wash windows, curtains.

CLEANING SUPPLIES

Collect all the cleaning supplies and tools you will need for each job. Keep them in a handy place, where it's easy to find them.

1. Carry your cleaning supplies in a bucket, a basket with a handle, or an 8-pack pop carton. You will need:

- Hot water.
- Soap or detergent.
- Baking soda.
- Broom.
- Cloths or rags.
- Buckets.
- Scouring powder.
- Vinegar.
- Mop or sponge.

2. Some other things can make cleaning easier:

- Dust pan.
- Scouring pads.
- Step ladder (3 step).
- Vacuum cleaner.
- Bleach.
- Box or basket to hold supplies.
- Toilet brush.



HOW TO....

WASH DISHES

It is easier to wash dishes if you do it after every meal. This keeps food and grease from drying on and becoming harder to wash off. If you can't wash the dishes right away, at least wipe off the leftover food. Stack dishes and soak in soapy, hot water.

1. When you are getting a meal ready, cleanup as you work.

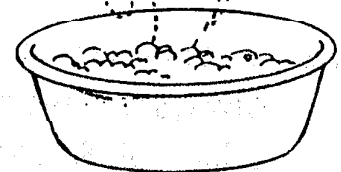
Fill the sink with hot, sudsy water. As you finish with measuring spoons, bowls, and other utensils, put them in the water. This will help soak off food. Use hot water for pans used to cook greasy or sugary foods. Use cold water to get off foods such as milk, eggs and starchy foods.

2. Use the sink or a dishpan.

Add soap. Fill with water as hot as you can stand. Keep dish water clean longer and save on hot water by washing the dirtiest dishes last.

Wash dishes in this order:

- | | |
|-------------------------------|----------------------|
| 1. Glassware. | 4. Serving dishes. |
| 2. Silverware. | 5. Cooking utensils. |
| 3. Plates, cups, and saucers. | 6. Pots and pans. |



3. Use a dishcloth or sponge. Clean between the "fingers" of forks.

4. Rinsing dishes helps prevent the spread of cold germs and other illnesses.

You will save hot water if you fill the kitchen sink or another dishpan rather than rinsing under running water.

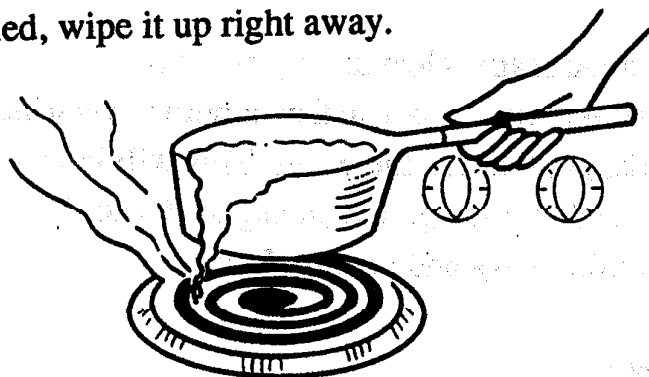
5. If you use very hot water to rinse, your dishes will dry quickly and you can save one step in the dishwashing process.

If you dry dishes, use **clean** towels.

CLEAN THE STOVE

A clean stove looks better and lasts longer. A clean stove cooks better and saves money because it doesn't waste gas or electricity. Burners that sputter and ovens that smoke are sure signs of wasting fuel.

Try to use medium heat when you cook on the top burners or in the oven. Medium heat keeps food from boiling over or splattering. If food is spilled, wipe it up right away.



1. Clean the outside of the range with warm, soapy water and a soft cloth.

2. Clean the surface units often.

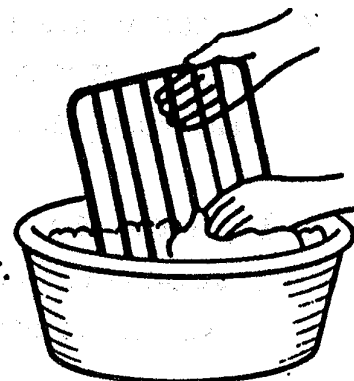
Always turn the switch off and let the units cool. Wash the units with a damp cloth when they are cool. Never put the unit in water.



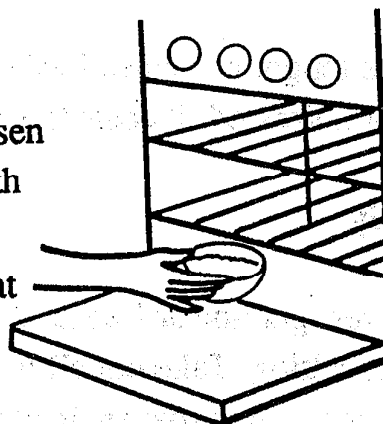
3. Clean below the drip pan and around the metal trim.

4. Clean the oven with these steps:

- Be sure the stove is cool.
- Take out the racks and soak in a tub of hot, sudsy water.



- If the oven or broiler is greasy, fill a small glass bowl with 1/2 cup full-strength ammonia. Put this in the cool oven, close the door and leave overnight. This will loosen the grease. Wipe oven the next morning with a clean cloth dipped in hot, sudsy water. If necessary, use fine steel wool for dirt that doesn't wipe off.



5. Special tips for gas stoves:

- Turn off pilot light.
- Lift out gas burners, wash in hot, sudsy water.
- Use a stiff brush to scrub off any burned-on food.
- Rinse all the parts.
- Let burners dry completely before lighting pilot light.



6. Special tips for electric stoves:

- Do not wash the electric unit—food burns off right away.
- Tilt the surface unit and take out burner rims and drip pans, wash in hot, sudsy water.
- Rinse with hot water and dry.
If food has burned on, soak in ammonia solution or remove with steel wool pads.

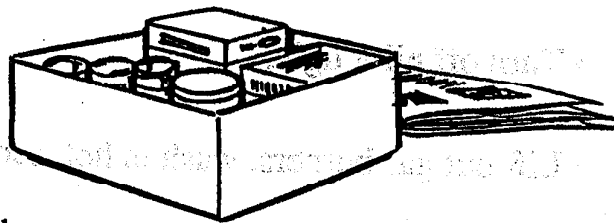


CLEAN THE REFRIGERATOR

Food keeps longer and stays fresher in a clean refrigerator. Keep your refrigerator defrosted. It costs less to run that way.

1. Get ready

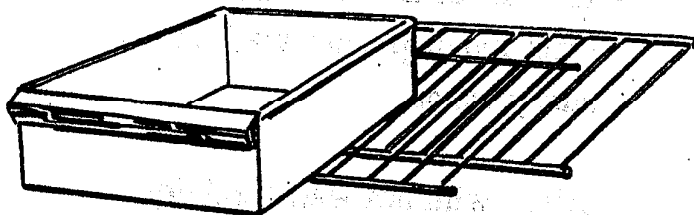
- If the refrigerator or freezer doesn't defrost automatically, turn the dial to defrost setting. Take out all food—jars, bottles, etc. Store frozen food together in a newspaper-lined box covered with more newspapers and a blanket or heavy towel to keep as cold as possible. Or use a cooler if you have one. Throw away leftovers that might pose possible food safety problems.



- Make hot, sudsy water for the outside.
- Make a baking soda solution for the inside by adding 2 tablespoons of baking soda to 1 quart of warm water. For stubborn spots, rub with baking soda paste. Soda removes odors.
- Do not use soap inside the refrigerator. Soap leaves an odor.

2. Wash the outside—top, walls.

- ### **3. Wash the inside—top, bottom, walls. Scrub into all the corners and clean shelves and drawers with baking soda solution.**



- Put a hot, damp cloth on dried-on food to make it easier to remove.

- Rinse everything with warm water and dry with a clean cloth.

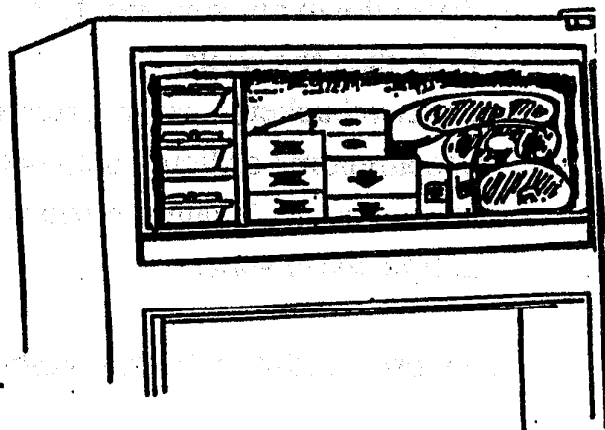
4. Finish the job.

- Put shelves, drawers back in refrigerator.
- Rinse out ice cube trays. Do not use hot water or soap—this makes ice cubes stick.
- Put food back in refrigerator and freezer. Reset the temperature controls.

5. To defrost the freezer faster, put a pan of hot water into the freezer section. Let ice melt. Do not use sharp knives or other tools. This can damage the freezer.

Ways to keep frost from forming:

- Keep food covered.
- Open door as few times as possible.
- Defrost whenever frost is 1/2 inch thick.



CLEAN FLOORS

1. Get ready:

- Sweep or vacuum up loose dirt or crumbs.
- Put warm water into two pails; add liquid detergent to only one pail.
- Use a cloth, sponge, or mop to wash the floor.

- ### **2. Always rinse cloth, sponge or mop in rinse water before putting it in wash water. This keeps wash water cleaner, saves on soap and saves money. Change rinse water often.**



WASH WALLS

1. Get ready:

- Brush down all cobwebs. Use a broom with a cloth over it. Do the ceiling first, then the walls.
- Get two buckets—wash water and for rinse water.
- Use ammonia or liquid dish detergent. Make a wash solution of 1/4 cup ammonia and 1 gallon warm water or 1/4 cup liquid dish detergent and 1 gallon warm water.

- ### **2. Wipe off woodwork before washing walls.**

3. Wash the walls.

- Remember always to wash walls from the bottom to the top. Water running down over dirty walls will streak them.
- Change water often. Rinse the wash rag before putting it in wash water again. This saves soap.
- When a small area looks clean, rinse. Remember to rinse walls the same way, bottom to top. Then wipe dry.

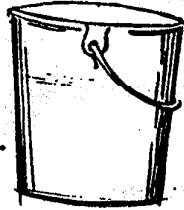
WASH WINDOWS

1. Get ready.

- Clean cloths for washing, drying, and shining.
- Newspaper or paper towels.
- Vinegar or ammonia.

Mix 1/2 cup of vinegar or
1/4 cup ammonia in 2 quarts of water.

- Bucket of warm water.
- Stepladder, stool, or sturdy chair (stepladder is safer).



2. Wipe down window frames and sills to remove loose dirt.

- Wash top pane first with wet cloth.
- Wash each pane top to bottom.
- Rub dry with dry cloth or paper.
- Wipe and dry window sills.

Clean mirrors and the glass over pictures
the same way you clean window glass.



WASH SCREENS

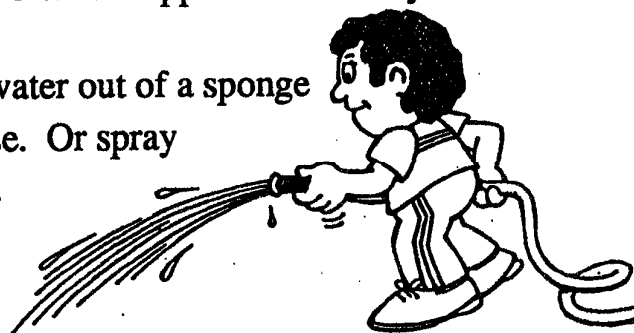
1. Get ready:

- Brush or vacuum cleaner.
- Old towels or cloths, newspapers.
- Soap or detergent.
- Small scrub brush, sponge.



2. Take screens off and wash:

- Write a number in each window or door frame and write the same number on its screen. Put any screws or bolts in a bag and write the same number on it. This makes it easy to put each clean screen back where it belongs.
- Take the screens out. Dust the mesh and frame with a brush or vacuum cleaner.
- Use a bathtub, washtub or kitchen sink to wash screens, or wash outdoors using a garden hose. Line the tub or sink with old towels or cloths so the screens won't scratch the finish. Also put newspapers on the floor to catch splashes or drips.
- Fill tub or sink with warm water and soap or detergent or have a bucket with warm, soapy water if washing outdoors.
- Scrub each screen with a scrub brush dipped in the sudsy water.
- Rinse it by squeezing clean water out of a sponge or a shampoo-type spray hose. Or spray outdoors with a garden hose.



Take a moment and rate your house today. Does it have:

- Clean, shiny windows.
- Floors free of trash and dirt.
- Clean walls—no dirt or fingerprints.
- Ceilings without cobwebs.
- Beds made with clean sheets, pillowcases and blankets.
- Clothes washed and put away.
- Dishes washed and put away.
- Food wiped off table, chairs and countertops.
- No bugs or flies around the house.
- No trash inside or around the house
- Clean porch, steps and sidewalk.

Yes	Some-times	No



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